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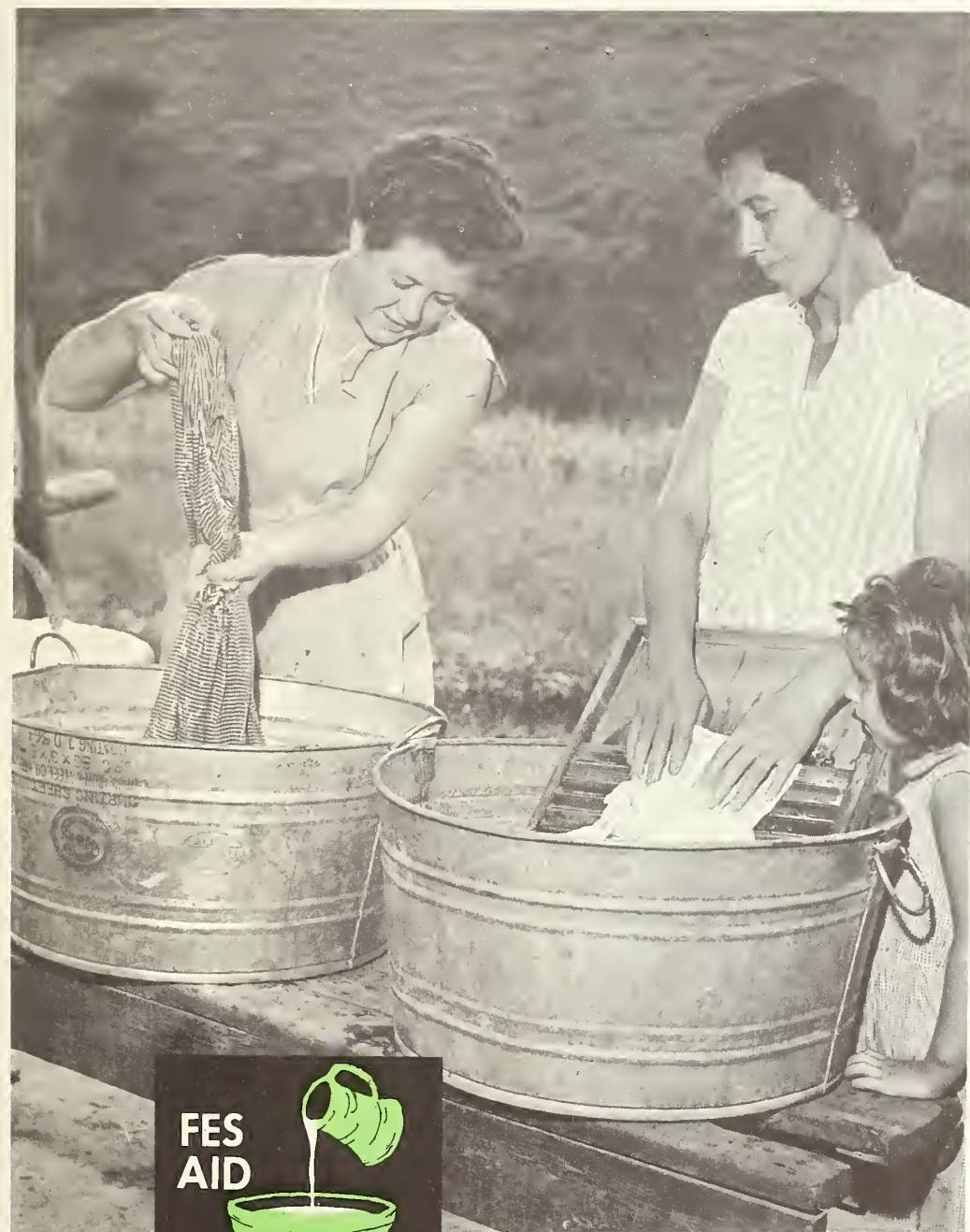
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C & R-PREP.

HOW TO

WASH YOUR CLOTHES



AN AID
TO EXTENSION
AND VILLAGE
WORKERS
IN MANY
COUNTRIES

FES
AID



SANITATION SERIES
NUMBER 2

**This is for
YOU
The Home Economics Extension Worker
or
Village Worker**

The material is presented in a manner which you can use with individuals or groups. In these pages you'll find many ideas to help you teach rural families how to wash clothes.

Information in this booklet is based on experiences of extension workers like yourself and health workers in many countries.

BY KATHRYNE SHEEHAN HUGHES

Appreciation is expressed for assistance from health, sanitation, home economics, and information personnel of the Agency for International Development; specialists in the Federal Extension Service and other agencies.

Most photographs are courtesy Agency for International Development.

Cover Picture -- A woman in Brazil learns a better way to wash clothes.

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These women in Ecuador now wash their clothes this way. They once washed in streams and rivers.

HOW TO WASH CLOTHES

Clothes are washed by...

- rubbing on a washboard
- rubbing between the hands
- using a plunger
- using a washing machine

A machine or a plunger is easier work and is easier on clothes.

Everyone likes to feel fresh and clean.

Fresh clean clothes add to your social acceptance.

Clean clothes are important to health.

Dirty clothes may carry disease germs.

These germs are so small you cannot see them. They spread from one person to another.

There are different ways to force dirt out of clothes.

SUPPLIES



BLEACH

CLEAN WATER



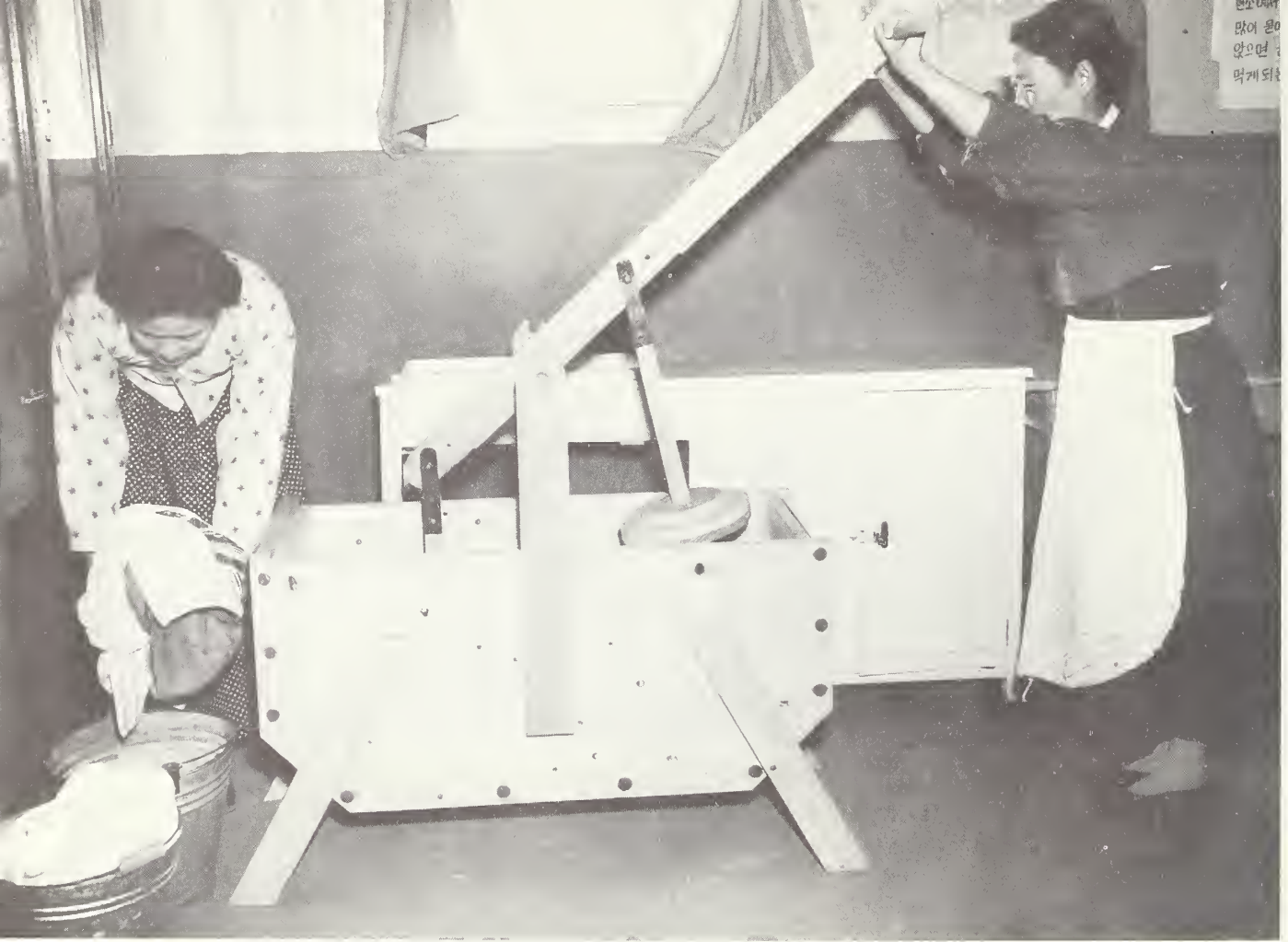
SOAP



BLUING



STARCH



THIS WAY--Korean women do their washing in a wooden washing machine.

NOT THIS WAY--Washing clothes in a river is a great health hazard.



EQUIPMENT

Two tubs--one for washing, one for rinsing.

When available, washing machines are used. These may be homemade or purchased.

Washboard
Suction plunger
Basket
Clothesline
Clothespins

WASHING

Sort clothes into groups for washing:

- white cottons and linen
- colored cottons
- fine fabrics - silk, etc.

Mend rips and tears.

Remove any trimmings or buttons that may be spoiled by washing.

Remove spots and stains, such as blood and rust, before washing.

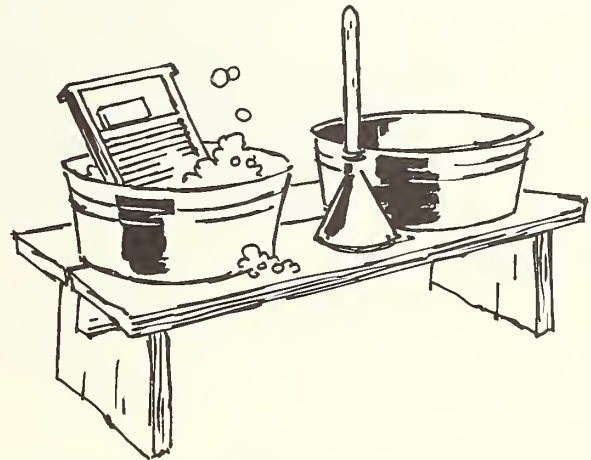
Clothes should be washed in some kind of container--a tub, washing machine, basin, or pail.

The water should be clean. If water is not clean, your clothes will not be clean after washing.

Water in rivers, streams, swamps and ditches usually is not clean. This kind of water often carries liver flukes and disease germs which may make you and your family sick.

If you use a plunger or washboard, this plan will help you...

Place two tubs on a firm bench. The bench should be high enough for using the washboard and plunger easily without much stooping.



Tubs should be deep enough to save soap-suds and big enough to use a washboard. The tub can be a wooden barrel, oil drum, or of other local material.

Fill the tubs about one-half full of water.

If possible, put hot water in one tub for washing; the other tub is for rinsing.

Hot water and liquid soap remove dirt better than cold water.

Add the soap to the tub for washing.

This may be bar, liquid or powdered soap.

If you use bar soap, cut it up when you put it into the hot water.

To make liquid soap from bar soap:

- shave the cake soap into thin slices
- place in a container
- cover with warm water
- stir until soap is dissolved

Liquid soap could be prepared the day before.

Use the plunger to help dissolve the soap and form suds.

Add the clothes--the less soiled white clothes first--wash and remove them.

Next, wash the more soiled white clothes.

Last, wash the colored clothes.

For each tub of clothes, force plunger up and down.

The suction plunger helps soften and remove dirt from clothes. By lifting the plunger up and down, the soapsuds are sucked through the clothes and the dirt comes out.



Women learn to use the plunger to wash clothes.

The washboard is used to remove stubborn spots like grease.

Do not put in too many clothes at a time. Water must be able to move through the clothes.

Water is dirty when the soapsuds do not stand firm and white. Change the water when it is dirty.

Rinse clothes until free of soap. Two rinses give best results. The plunger may be used for rinsing also.

Bluing is added to the rinse water.

It helps to take away the yellow color in white cotton and linen clothes.

Too much bluing will give your clothing a gray or blue color.

You do not need bluing each time you wash.

Some soaps have bluing in them, so you do not need to add more.

Starch is used last. Use the suction plunger to distribute starch evenly through the clothes.

Put the clothes in a basket or a pan. Now you are ready for drying the clothes.

Hang up the clothes to dry.

If you use the grass, a fence or a wall for drying clothes, be sure the place is clean.

If you use a clothesline try to have a rust-proof wire, or use a cord. Wipe off the clothesline with a clean, damp cloth. Have a part of the clothesline in the shade for colored clothes. Bright sunshine may fade them.



Bolivian woman ironing
pair of trousers.

IRONING

Iron the clothes that need ironing.

Ironing kills some germs and makes
storing easier.

Clothes look nicer when ironed.

You may iron on an ironing board, table,
or bench.

The place for ironing should be well
padded.

The iron may be heated by charcoal,
electricity, or on the stove.

CAUTIONS

Bleach may be used on white cotton clothes.

Follow the instructions on the bottle or
package on how to use the bleach and what
to use it on.

Be sure to rinse all the bleach from the
clothes.

Sunshine is a fine natural bleach.

Also, sunshine gives a fresh, clean smell
to clothes.

Some materials, such as silk and wool,
need careful handling.

- Squeeze them gently in soapy water and
then rinse.
- Avoid rubbing and wringing. Otherwise
the threads may break, or wool material
may become matted.

Beating clothes with a paddle or on a rock
is hard on fibers. It damages buttons, hooks
and fastenings.



REMOVING SPOTS AND STAINS

Most stains can be removed.

Do not throw away stained clothes.

REMEMBER - -

- Treat the stain while it is fresh.
- Know the kind of cloth.
- Use the right remover for each cloth.
- Test for color change on a sample.
- Avoid hot water if you do not know what the stain is. Hot water sets many stains.
- Work carefully and quickly.
- Use clean cloths to remove stains.

IRON RUST

If rust is from fresh rusty water, quickly wash it out.

Add lemon juice with warm water and soak.

Spread in the sun to bleach.

Next, wash in soap and water.

Repeat until stain is gone.

TAR, ASPHALT, ROAD OIL

Rub the stain with lard or vaseline.

Then sponge it with kerosene. Keep away from fire! Use outdoors. Don't breathe the vapor.

Last, wash it with soap and water.

OIL AND GREASE

Rub soap into the spot and wash in warm water.

BLOOD

For fresh blood, soak and rinse the spot in cold water.

If an old stain, soak in hot water for several hours.

Wash with soap and water.

If traces of the stain remain, bleach in the sun.

Be sure stained portion does not get dry while bleaching.

Finally, rinse with cold water.

PERSPIRATION

Use soap and warm water.

PAINT

If the paint is fresh, rub with turpentine. Wash with plenty of soap.

If paint has dried, soften with oil, lard or vaseline. Soap well.

If traces remain, rub with kerosene or turpentine, keeping away from fire. Don't breathe the fumes.

COFFEE AND TEA

Pour boiling water on the stain from a height of 2 or 3 feet.

Wash in warm soapy water.

If stain still remains, rub with lemon juice and soap.

Bleach under the sun.

In case colors will fade, use tepid water.

When There is Sickness

- WHEN THERE IS SICKNESS IN THE HOME, BOIL THE CLOTHES.
- BOILING HELPS DESTROY DISEASE GERMS.
- BOILING BRINGS OUT THE DIRT, HELPS KEEP CLOTHES WHITE.
- CHLORINE BLEACH ALSO HELPS DESTROY DISEASE GERMS.

STORING Your Clothes

Keep your clean clothes in a clean dry place.

You can easily make storage space for clothes.

When you store clothes carefully, they will last longer.

Woolen clothes should be stored carefully in summer.

Store woolen clothes in a tight fitting wooden box and use moth balls or DDT to keep out moths and other insects.

(Right)-- Fruit boxes were used to make this storage closet for clothes.





DEMONSTRATIONS

Show:

Equipment for washing clothes
How to use the plunger
How to wash clothes - cottons, linens, wool, silks
How to make liquid soap

How to starch clothes
How to remove stains
How to iron
How to mend clothes before washing
How to make washboards
How to store clothes after laundering

Suggestions to Help You Give a Good Demonstration

Prepare yourself carefully.

Know more about the subject than you plan to teach.

Outline your demonstration step by step and write down exactly what you will say at each step.

Practice your demonstration until you can do every step without hesitation.

Use only equipment and materials available to the families concerned.

Arrive at your meeting place ahead of the women and arrange all materials for your demonstration neatly and in the order you will use them.

Plan for your audience to be seated so that everyone can see and hear.

Ask one of the women to assist you. This helps to develop leadership.

Evaluate your own demonstration.

- (1) Did the women learn how to do what you demonstrated?
- (2) What evidence was given that the women plan to carry out this practice in their homes?
- (3) How could this demonstration be improved?

(Opposite)-- A demonstration on how to use a washboard. Turkey.

REMEMBER... WASHING CLOTHES IN CLEAN WATER

Makes you feel
fresh and clean

Helps you
avoid disease

Makes clothes
last longer



Women in Korea learn how to launder work clothes they made.

BOOKS TO HELP YOU

- Remove Spots and Stains, and Washing Clothes with the Plunger, Office of Agricultural Information, DANR, Manila, Phillipines.
- How Do You Wash the Clothes -- Department of Education, Bureau of Public Schools, Manila, Phillipines.
- Housing and Home Improvement in the Caribbean, by Elsa Haglund. Food and Agriculture Organization of the United Nations and the Caribbean Commission, 1958.
- Homemaking Around the World -- Agency for International Development. Washington 25, D.C.
- Better Family Living -- Dr. Hobanna Bayer, Nutrition Division, FAO.
- Textbook of Home Science -- Rajammal P. Devadas, Indian Council of Agricultural Research, New Delhi, India.